

Health and Fitness

Forest Ridge Park



Sunshine Yoga

#209258 September 17– December 1

Total Body Wellness Personal Training

#210524 September 4-October 9

Walk Club

#210126 September 12

#210127 October 12

#210128 November 14

#210219 December 12

Yoga in the Park

#210522 September 9-October 14



Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Forest Ridge Park
6737 Old North Carolina Highway 98,
Wake Forest, NC 27587, (919) 831-1961

